



indykids

Issue #4 ★ May-June 2006

A FREE PAPER FOR FREE KIDS**INDIA IN FOCUS**

Kids in Charge



Sarah Stuteville

Members of parliament get ready for their afternoon meeting by dressing in traditional clothing

By Sarah Stuteville

Tilonia, INDIA—Adults may run most of the world, but in a corner of northwestern India, kids are taking charge. Members of the Children's Parliament in Tilonia, Rajasthan are running their own school and shaping the future of their villages.

Thirteen years ago, a group of 6-14 year old students at Barefoot College (a night school designed for rural children who help their families work during the day) started asking their teachers about how important decisions are made.

Understanding that the needs of children are often ignored, together, these students created a way to be heard.

Five parliament sessions and over a decade later, the students of Barefoot College run their own schools by electing sixty-three members of parliament, all children. The parliament's duties range from managing the solar energy that runs the school to deciding how

money should be spent.

While there are a handful of adults who help, this is not a mock parliament: the children at Barefoot hire and fire teachers, decide on cafeteria food, and develop what they learn in class. Many people take the Children's Parliament seriously.

This session's Prime Minister, Santosh, age 14, has big plans for the remainder of her term. She would like to create more vocational training for Barefoot students so they can learn skills, like sewing, that will help them earn money.

Santosh is particularly interested in children's rights after traveling to a United Nations conference in Seoul, Korea last year. "All children," she says, "should have the right to education, the right to play, the right to health, the right to make mistakes and the right to make their own decisions."

For information and photos visit: www.commonlanguageproject.net.

THE CHILDREN AT BAREFOOT HIRE AND FIRE TEACHERS, DECIDE ON CAFETERIA FOOD, AND DEVELOP WHAT THEY LEARN IN CLASS



www.brunet.bn

INDIA QUICK FACTS

POPULATION: 1.1 Billion (U.N., 2005)

LANGUAGES: 17 major languages. Hindi is the most widely spoken.

RELIGION: 80% of the people are Hindu. The population also includes Muslims, Christians, Sikhs, Jains, Buddhists, and Parsis.

HUNGER: 48% of Indian adults are malnourished (National Nutrition Monitoring Board).

LEARN A LITTLE HINDI

Hello	Namaste	Book	Kitaab
Yes	Haan	Elephant	Haathee
No	Naheen	Rice	Chaval
Bear	Balu	Potato	Aloo

MEET SANTOSH

Name: Santosh Devi Ramkaran
Age: 14
Location: Habapura Village, Jaipur District, Rajasthan, India
Language: Hindi
Religion: Hindu
Favorite subject in school: The Children's Parliament, where Santosh is the Prime Minister.
Favorite food: Sweets, especially Barfi, a type of ice cream made from condensed milk and nuts.
Siblings: Seven older sisters and one younger brother.
Home life: She lives in a small village with her mother, father, younger brother, and one older sister. Her other sisters are married. Santosh is engaged, and when she turns 18, she will move into the home of her husband's family.
Parents' job: Agriculture and livestock, raising cows and buffalo for milk.
Favorite hobby: Playing cricket, a game similar to baseball. She says the girls often outrun the boys.



Sarah Stueville

What she wants to be when she grows up: The Sarpanj, which is the head of the Panchayat, or local village government in India.
What would you like to say to kids in the US? "Tell my story to other people, so that they can see that children can make decisions and take control of their own education." - **Jessica Partnow**

I Am Not a Burden! A School in India, a Different Life for Girls

By Alex Stonehill
 Anoopshahr, INDIA—Imagine that you aren't allowed to attend school because you are a girl and will soon have to be married. This is the experience of millions of girls in India who want to receive an education and have a better life. In many parts of India, a girl is considered a burden to her family, especially if her family is poor. Now, many



Indian girls in Uttar Pradesh are saying, "I am not a burden!" They are the 280 students of the Pardada Pardadi Girls Vocational School. Here, they study academic subjects as well as vocational skills like sewing, embroidery, and other traditional crafts—skills that will help them make money for themselves.

KUMKUM CHAUHAN, 18, BELIEVES THE EDUCATION SHE RECEIVES AT PARDADA PARDADI WILL HELP TO CHANGE THE WAY GIRLS ARE VIEWED IN INDIA

Most girls from this area get married by age 18, spend their lives working on a farm, and obey only their husbands. But many of the girls who go to school at Pardada Pardadi say they want to attend college, while others are training to be teachers or to start similar schools in their own villages. These might seem like impossible goals, but Kumkum Chauhan, 18, who will graduate this year, believes the education she receives at Pardada Pardadi will help to change the way girls are viewed in India. "If I get married," she laughs, "my husband will be lucky to have a wife like me." *Pardada Pardadi is looking for a sister school in the U.S. to share each others' culture and experiences. If you're interested, please have your teacher or principal con-*



Photos: Alex Stonehill

Students head home after another day at Pardada Pardadi

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WHAT IS INDYKIDS?
 IndyKids is a free newspaper that aims to inform children on current news and world events from a progressive perspective and to inspire in children a passion for social justice and learning. IndyKids is funded through donations.

HOW CAN I GET INVOLVED?
 Just contact IndyKids! IndyKids relies on volunteers. Adults and kids can write articles, take photos, contribute artwork and help distribute the paper.
 Editors: Abby Gross, Amanda Vender
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 Distribution: Sarah Durand, Amy Hamilton, Xavier Tayo
 Website: Brian Garcia, Leticia John
 Website hosting: Cary Shapiro
SPECIAL THANK YOU TO:
 Common Language Project: www.commonlanguageproject.net
 New York Collective of Radical Educators: www.nycore.org
 New York City Indymedia: nyc.indymedia.org
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THANK YOU TO THE FOLLOWING DONORS:
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CROSSWORD PUZZLE Answers:
 ACROSS
 3. vitamin
 6. soap
 8. nutrition
 9. dog
 12. soda
 13. banana
 14. beans
 15. water
 WHO AM I? Answer: Mary Harris Jones, also know as
 Mother Jones
 DOWN
 1. mineral
 2. cooking
 4. sports
 5. serving size
 7. food label
 10. orange
 11. onion



The War in Iraq, Three Years Later

In March 2003, United States missiles struck Baghdad, the capital of Iraq, showering the city with fire and loudly announcing the start of a war that still rages today.

In the months that followed the first attack on Baghdad, the Middle Eastern country that at one time was considered the "cradle of civilization" was torn apart. Iraqi cities became very dangerous as the U.S. fought to maintain its control of the country and many Iraqis resisted the occupation.

Since the invasion, it has become widely known that Saddam Hussein, while guilty of many crimes, was likely not hiding weapons of mass destruction, and was not a danger to the U.S. Given the high financial cost of the war, questionable motives, and reports of U.S. troops using brutality against Iraqi civilians, the majority of the U.S. public now opposes the war.

U.S. Troops currently in Iraq:
132,000

U.S. Troops killed in Iraq:
2,378 (as of April 17, 2006)

Iraqi civilians killed:
Over 100,000

U.S. Taxpayer cost of the war:
\$275 billion

People who say the war was worth the cost:
29% (March 2006 CBS poll)



Iraq is a country made up of three strong cultural groups: Shi'ite Arabs, Sunni Arabs and Sunni Kurds. While some groups want to control the country, and others want independence from Iraq, all are now fighting for what they each want in a new government. But every side seems to agree that the U.S. is to blame for the chaos. The Bush Administration says it will stay until Iraq is stable.

In March 2003, millions of people all over the world marched in protest of the coming war. In March 2006, people still protested, this time to stop a war they feel is unjust and too long. -AG

NEWS BRIEFS

LOCAL

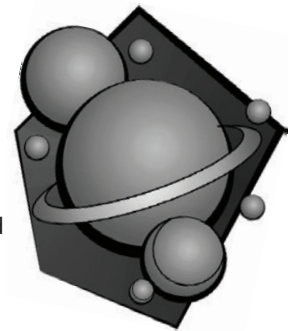
Underground Walls

Workers who were digging to create a new section of the New York City subway ran into two walls, the largest is 8-feet thick and 9 feet below sea level. Scientists say it was built before the Revolutionary War, perhaps to shield soldiers who shot guns and cannons at incoming ships. The walls will be removed and kept safe.

SCIENCE

Anyone Out There?

Astronomers discovered a planet using gravitational microlensing, a new technique that could help scientists to find more "earthlike" planets. The planet is located 9,000 light years away. But this planet is too cold to sustain any life like us: The temperature is estimated to be minus 300 degrees Fahrenheit!



Elephant Smarts

Elephants have sensitive tissue in their feet and trunk that can feel seismic waves, which are invisible waves given off

by an earthquake. This means that elephants may know that danger is coming before the ground starts to move.



Where's My Momma?

Walrus pups in northern Alaska have been found wandering in the sea and separated from their mothers. Researchers believe that the pups probably fell into the sea when the ice they lived on melted due to unusually warm waters in the Arctic. Walrus pups usually spend the first two years of life with their mothers.



Picking a Fight with Iran

As one of the countries President Bush labeled as part of an "Axis of Evil" alongside with Iraq and North Korea, Iran and its nuclear program are under the magnifying glass. The United States wants Iran to stop processing uranium, which can be used to make nuclear bombs.



Uranium can also be used to make energy, and under the Nuclear Nonproliferation Treaty, countries have the right to process uranium for the purpose of making energy. This is what Iran says it is doing. The International Atomic Energy Association (IAEA) says that Iran does not have the capacity to make nuclear weapons.

Iranian President Ahmadinejad has stood up for his country's right to make nuclear energy and this has made him popular among many Iranians who feel bullied by the West. Meanwhile, the U.S. has 10,600 nuclear weapons as of 2002, according to the Natural Resources Defense Council. -AV

Immigrants Take To The Streets

Immigration Bills in Congress

Immigrants and their supporters demonstrated across the country this spring in numbers so large that even rally organizers were surprised. They protested various parts of bills that are being debated in U.S. Congress, bills they say are bad for immigrants. The bills would try to keep immigrants from coming to the U.S. by putting more armed guards and fences at the border with Mexico. Some of the proposals would set up a guest worker program to keep track of immigrants and make sure they leave when their stay expires, and one proposal would put undocumented immigrants and people who help them in jail. None of the bills would address the poverty that forces people to migrate to the U.S. to look for jobs.

There are an estimated 12 million undocumented immigrants* living in the U.S. "Most

people have tried to get documents before they come," says Joel Magellan, Executive Director of Tepeyac, an association of Latino immigrants in New York City. "But they are not able to get documents because they are poor people. To get documents they need to show a bank account, a car, a house. They are too poor to have these things. That is why they come here."

Undocumented immigrants have a hard time finding a job, are often paid low wages, live in fear of being deported, and are more vulnerable to abuse.

"New immigrants are part of the solution for businesses in the U.S.," says Magellan. According to the Cato Institute, a research foundation, most economists agree with Magellan asserting that immigration is good for economic growth. -AV



A boy in Houston, Texas marches to oppose a bill that would criminalize undocumented immigrants.

*Undocumented immigrants: People from other countries who do not have legal documents to be in the U.S.



Labor Voices

PROFESSOR

ROB BECKER

Job: Associate Professor, Queensborough Community College

What I do every day: I teach writing to first and second-year college students.

What I like most about my job: People from over a hundred nations attend the college, so I get to hear about many, many cultures and personal experiences. Since I teach writing, I get to read a lot about what my students are thinking about many subjects. That's the best part--when I get to learn from my students!



My union: Professional Staff Congress, which is part of the American Federation of Teachers

What my union does: My union makes sure that my rights as a college teacher are protected. This means that they guarantee my working conditions, how many classes I teach per year, protect my safety on the job, negotiate contracts, make sure that I have health care, in general make sure that I have academic freedom (which means ensuring that I decide what I teach my students, without outside interference.) Unions protect people who work from being bullied and taken advantage of, to make sure that we can raise our families in a healthy way.

TEACHER

JENNIFER LEE

Job: Teacher, 1st and 2nd grade, River East Elementary School in East Harlem, New York City

What I do everyday: I talk to kids, ask questions and I watch how friends work together.

What I like most about my job: I laugh everyday.

My union: United Federation of Teachers (UFT)

What my union does: The union gives its members information on our rights. They want to know what's going on in schools and they protect us when they can.



ON YOUR OWN:



Celebrate Workers Day!

May Day started in 1886 when workers in Chicago were struggling for an eight-hour workday. At that time, workers labored for twelve to fourteen hours a day. Even now many workers endure very long hours.

Today in the U.S. we have certain laws that protect workers. For example, an employer must pay a worker at least a minimum wage: an amount of money per hour. The minimum wage in the U.S. is \$5.15 per hour, but some cities and states have raised the minimum wage due to community pressure. One example is New York State, where workers must be paid at least \$6.75 an hour. The minimum wage is very low, and if this were a family's only income, they would be living in poverty.

For over one hundred years, workers have been organizing for better wages and working conditions. Many workers have died in the struggle for labor rights. But they know that usually, in order to get better wages and working conditions, they must organize to demand their rights.-AV

WITH A UNION!



May 1, or "May Day", is International Workers Day. It commemorates the struggles and the achievements of working people everywhere. International Workers Day is recognized in most countries of the world except for in a handful of countries, including the United States.



A UNION is an organization of workers who work together to solve problems and to advocate for their rights.

DOCTOR

CHRISTINE DEHLENDORF, MD

Job: Doctor, San Francisco General Hospital, San Francisco, CA

What I do everyday: Every day I see patients in my clinic and help them with their health problems, like diabetes, and high blood pressure, and also educate them about how they can keep themselves healthy.

What I like most about my job: I like the fact that my job gives me meaning. I like to wake up in the morning and feel like I'm going to be able to help people. The most favorite part of my job is one day a week, when I get to help women deliver babies. Being with families as they're starting the next phase of their lives is a great privilege.

My union: Committee of Interns & Residents, SEIU

What my union does: Having a union gives you the legal right to affect conditions at your workplace. At our hospital, CIR has enabled us to get a huge increase in salary and benefits, which is appropriate to match the high cost of living in San Francisco. Working with CIR has given me a sense that I can influence the world around me, and effectively advocate for my patients.



WAITER

FERNANDO TAYO

Job: Banquet Waiter, The Yale Club, New York City

What I like most about my job: I work flexible hours.

My union: Hotel, Restaurant & Club Employees and Bartenders Union Local 6, AFL-CIO



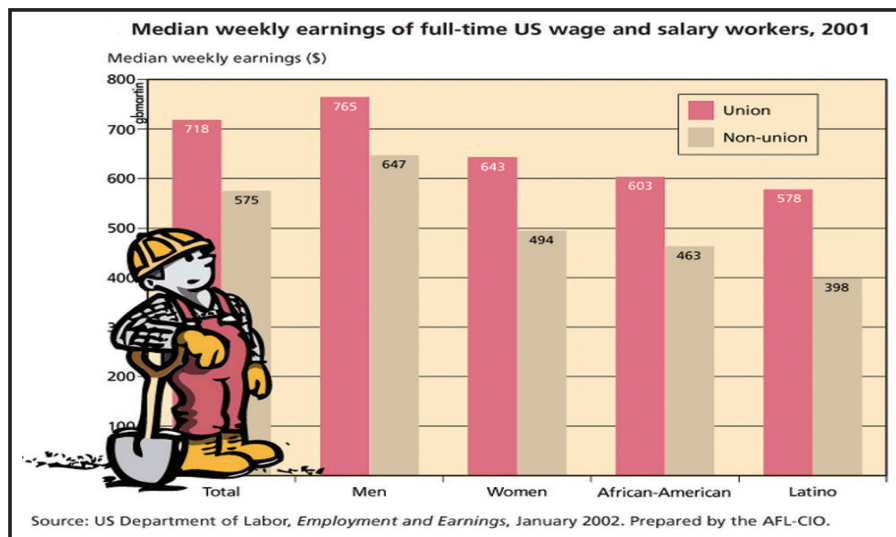
What my union does: The union negotiates for good medical benefits. You only pay at most \$15 dollars for medication. And you can't be fired unless you're stealing, and then a union representative will be sent to your manager.

How long have you been with your Union? 27 years.

Do you have any dues? Yes, \$12 a week.

Have you ever been on strike? No, but we've come close.

UNION MEMBERS EARN MORE:



It Pays to Have a Union

A business may have many goals, but its primary goal is to make money. How does a business make a bigger profit? One way is by limiting expenses, and usually, a company's biggest expense is paying its employees. Businesses sometimes try to lessen expenses by paying workers less and by giving them fewer or no benefits (such as health care and vacation time). A number of businesses have been known to lay off some employees and make those left behind do more work. In order for workers to protect their jobs and get higher wages and benefits, they can organize a **union**.

Government statistics show that workers who collaborate and advocate for themselves in a union have higher wages and better benefits than workers who don't have unions. Unions are especially good for women, African-Americans and Latinos, who earn between 30 and 45 percent more than those workers who are not in unions. -AV

UNION MEMBERSHIP DECREASING

IN 1954, **37%** OF WORKERS IN THE U.S. WERE UNION MEMBERS, BUT NOW ONLY **13%** ARE UNION MEMBERS.

IN THE UNITED KINGDOM, **26%** OF WORKERS ARE UNION MEMBERS AND IN CANADA, **30%** OF WORKERS ARE UNION MEMBERS.

LABOR NEWS BRIEFS

WORLD

French Workers Defend Jobs

France has very high rates of unemployment, which mean a lot of people, especially young people, don't have jobs. The French government recently created a new law that made it easier for employers to hire new workers, but it also allowed them to fire workers under the age of 26 without giving a reason during their first two years on the job. An estimated 2 to 3 million striking workers and students demonstrated in cities across France in opposition to this law, called the "First Job Contract." On April 10th after the largest demonstrations in 40 years, French President Jacques Chirac announced that he would scrap the law.



NATION

Auto Worker Troubles

Delphi, a company that makes auto parts, announced in March that it will sell or close 21 of its 28 plants in the U.S., which means 20,000 workers will lose their jobs. At the Ford Motor Company up to 30,000 workers will lose their jobs. This was announced in January on the same day that Ford said it had earned \$2 billion profit in 2005.



BBC

Mother's Day for Peace

May 14 is Mother's Day. In the United States Mother's Day was the idea of Julia Ward Howe. Realizing the effects of war on women, in 1870 Howe called for a "Mother's Day for Peace" and urged women to rise up and oppose war. A woman named Anna Jarvis continued Howe's effort to designate a Mother's Day. In 1914 President Wilson declared the first Mother's Day.

Today women and girls still are especially vulnerable to the effects of war. And two out of three poor adults in the world are women. In the U.S. women earn only 77% of what a man earns. Mothers still do the majority of the housework. This Mother's Day, give your mom a hand around the house so that she can rest from her hard work.



Field Trip

A Reminder of Pain and Hope

By Avanna Arrington

On March 7th, two tenth grade English classes from Progress High School in Bushwick, Brooklyn, visited the Museum of Jewish Heritage in Manhattan. As we began the tour, we entered through gray walls that symbolize hope and pain. There were six columns which represent the six million Jews who were slaughtered during the Holocaust. This made our faces fill with sorrow.

There were mini-theaters explaining who the Jews were and showing what they experienced during the Holocaust*. There were also treasures from Jewish culture such as the Torah, which Jews read from right to left.

When we exited the exhibit we saw the Statue of Liberty from the windows of the museum. The tour guide explained, "The Statue of Liberty represents hope to come and faith because it was the first thing the Jews saw when they came to the U.S."

When asked about the trip, a fellow student stated: "I really enjoyed the trip. The part that I liked the most was when the tour guide talked about the Holocaust. I also enjoyed going to the mini-theater."

It is important for youth to learn about the Holocaust. Many ethnic groups have been through similar situations and we should be able to learn



The Museum of Jewish Heritage in Lower Manhattan

from these events and how they affect our lives.

*The Holocaust refers to the systematic killing of Jews and some other groups by Nazi Germany during World

Book Review

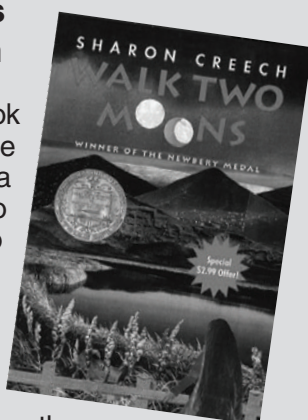
SALAMANCA'S JOURNEY

Walk Two Moons
by Sharon Creech

Sharon Creech's book *Walk Two Moons* is the tale of Salamanca, a free-spirited girl who travels from Ohio to Idaho with her eccentric grandparents in hopes of bringing her mother, who left their family, back home. She holds her breath as they explore the wilds of north and Midwest America from the treacherous badlands of South Dakota to the explosive Old Faithful of Montana. All the while, the wind is whispering "rush, rush, rush," reminding Salamanca to hurry if she wants to get to Idaho in time for her mother's birthday. As they drive, another story unfolds, that of Salamanca's friend Phoebe Winterbottom, a girl with a wild imagination and a knack for detective work.

Salamanca tells of Phoebe's mother and their attempt to uncover the secret behind her vanishing. Between finding mysterious messages that appear on Phoebe's doorstep, watching the crazy neighbor Mrs. Cadaver hack away at the bushes in her backyard, and witnessing countless other suspicious activities, the girls become convinced that Mrs. Winterbottom has been kidnapped. They are determined to rescue her.

While telling Phoebe's story, Salamanca discovers her own, as well as the story of her mother, who had promised to come home. Both adventurous and touching, *Walk Two Moons* is a novel that will keep readers pinned to their chairs and dreaming of this journey long after the last page.—**Jessica Garman**



Letters

I think that the school should stop giving so many tests because while we are taking the tests, we could be learning a lot more important stuff. I think that they could give us tests once in a while, but not all the time.

RICHELLE
8TH GRADE, I.S. 347
BUSHWICK, BROOKLYN

We read the article *Who's Listening In?*, and feel that the problem is that all the people in the U.S. are getting angry. They don't like the program of spying on people, listening to private phone calls and reading people's private email messages. We agree and disagree with President Bush. We agree because terrorists are everywhere, and we disagree because it is not fair to spy on people. And it is not fair to think that all people from different countries are terrorists.

MICHELLE AND EVELYN
8TH GRADE, I.S. 347

BUSHWICK,
BROOKLYN

We think that the debate over how much power the president should have is positive. It is good that he's trying to protect U.S. citizens, but he can't be spying on everyone he thinks is a terrorist. Bush should respect civil rights. We should have the right to privacy. He can't judge by where you are from or the color of your skin or your language or if you disagree with him. Isn't this America? We have the right to liberty and freedom.

SHIRLEY AND YARETH
8TH GRADE, I.S. 347
BUSHWICK, BROOKLYN

Send your letter to:
Indykids@indymedia.org or to Indykids,
P.O. Box 1417, NY, NY 10276



Movie Review

Escaping the Flood

A Review of *Ice Age: The Meltdown*

What do you do when the only home you've ever known is about to become miles underwater? A surprising group of friends—Manny the woolly mammoth, Diego the saber-toothed tiger, and Sid the sloth—find themselves with only a few days to get to the other side of the valley, where they will be safe from the melting glaciers that signal the end of earth's Ice Age.

In the first *Ice Age* movie, Manny, Diego, and Sid, are on a quest to return a human infant to its father. In *Ice Age: The Meltdown*, the three are together again. This time, they meet Ellie, a woolly mammoth who thinks she's a

possum, and who, despite her size, manages to hide in trees and sleep upside down!

Manny, Diego, Sid, Ellie, Crash, and Eddie make their way to the safe side of the valley, but not without adventures. Sid is worshipped by a tribe of mini-sloths, Diego is forced to overcome his fear of swimming, and Manny, the cynical mammoth, falls in love with Ellie. *Ice Age: The Meltdown* is a movie that delves into how animals cope with changing environments, but it also about unlikely friendships.—**AG**



www.geekroar.com



Should the Library Carry IndyKids?

The Queens Public Library distributed over 3,000 copies of IndyKids' second issue to all 63 branches. Now the library refuses to continue distributing IndyKids because it says the articles aren't "balanced." Should the library distribute IndyKids?

Fourth graders at P.S. 34 in Manhattan voice their opinions.

I think the libraries should carry IndyKids because it has useful information for kids.

-Xavier

The library should carry IndyKids because it tells you about protecting the environment.

-Rachidat

The library shouldn't carry IndyKids because it has more opinions than facts.

-Shirley

Maybe the library doesn't like the side of the story in IndyKids.

-Hector

I think that IndyKids should be in the library and maybe they can put it out and see how fast people take it.

-Jawuan

This whole class and the other fourth grade class like the newspaper. It says "IndyKids." It's for kids to decide.

-Shamuel

If the library carries the paper, people who don't know about IndyKids will find it.

-Shakira



Coyote Seeks City Life

By X. Tayo

When you think of New York City, nature doesn't usually come to mind. Disasters are caused by humans, not weather. It feels like an earthquake when a building collapses. Floods are the result of water pipes breaking underground, and instead of lightening strikes, New York City has electrified manhole covers.

City kids are taught that rivers are to be crossed by bridges and not by swimming. Until recently, the only wild animals New Yorkers came into contact with were pigeons and rats. And then in March, a coyote took a stroll into Central Park.

Coyotes are a relative of the domestic dog. They travel alone and are known to howl at night. Hal the Coyote snuck into the city from rural areas upstate. He ran and swam and finally made it to Central Park's many nooks and crannies.

After he was spotted by the police, Hal the Coyote was chased across the park for a couple of days. But after jumping an 8-foot-high fence Hal was hit by a tranquilizer dart, and he fell to sleep. Eight days later he died of rat poisoning.

The Parks Commissioner said, "you'd have to be a very adventurous coyote to make it to midtown." Sadly, the adventure was too much for Hal: he died a few days after being caught. Maybe the city was just too wild for this wild animal.



Animal Diversity Web

Baseball Gets A Homerun

By Bennett Baumer

How do you say "Take Me Out to the Ball Game" in Japanese? The Japanese national baseball team won the first ever World Baseball Classic (WBC) on March 21 by beating the Cuban team 10-6. Most people think that baseball is as American as apple pie, but the game is growing in popularity and people now play it all over the world. Teams as far away as South Africa, Venezuela and Italy played in the WBC tournament, which will take place every four years. Countries such as Japan, Mexico and the Dominican Republic have their own professional leagues, and you probably recognize major leaguers like David "Big Papi" Ortiz from the Dominican Republic and Ichiro Suzuki from Japan.

Some say New York City is divided into two types of people-Yankees fans and Mets fans. Yankees play in the Bronx and the Mets in Flushing,



www.580the1an.com

Queens, and both should have solid major league teams this year. When the Yankees and the Mets played against each other in the 2000 World Series, it was called the Subway Series. Since then, the Yankees have yet to win another World Series and the Mets haven't come close.

But the question remains: now that we have the World Baseball Classic, what will they call the World Series, which actually includes only the United States and Canada?

How do you say "Take Me Out to the Ballgame" in Japanese?

私を野球試合に連れて行ってくれ
(watashi o yakyuu shiai ni tsureteittekure)



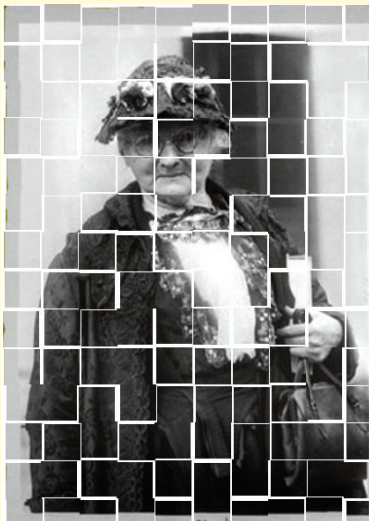
Who am I?

CLUE#1: I was born in 1837 and died in 1930. I was a prominent labor and community organizer and was involved with the United Mine Workers.

CLUE#2: In 1903 I organized children working in mills and mines in the "Children's Crusade"-a march from Pennsylvania to President Theodore Roosevelt's home in New York. Our banners read: "We want time to play!"

CLUE#3: I was arrested several times for my organizing work. I was called "the grandmother of all agitators" in the U.S. Senate.

CLUE#4: Many people know me through a magazine that was named after me.

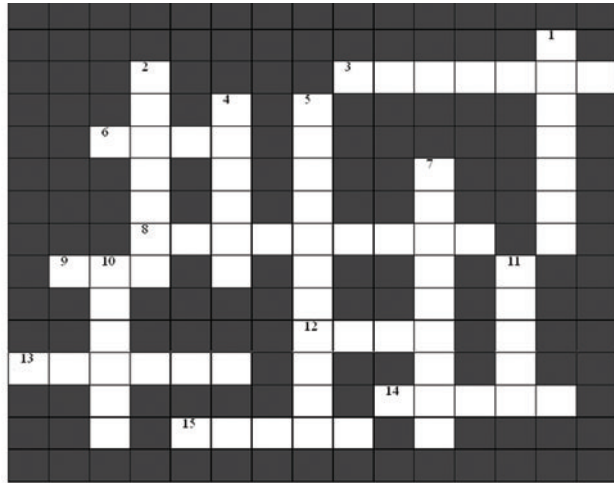


Northern Illinois University

Answer: see bottom of page 2

You Are What You Eat

By Nousheen Afshani



Across

3. Citrus fruits and kiwis are a good source of _____ C.
6. When washing our hands before cooking, we need to use hot water and _____.
8. This is the science of how our body uses food.
9. Walking your _____ is good exercise (and very fun!)
12. This is high in sugar and caffeine (a drug), and has no vitamins or minerals.
13. Peel and eat this yellow fruit for a healthy snack high in Potassium.
14. These are high in protein, fiber and iron, and are tasty in tacos, burritos and soups.
15. Drink eight glasses of _____ a day for great health.

Down

1. Calcium is a _____ that is important for strong teeth and bones.
2. A healthy alternative to eating McDonald's or Burger King is _____ your own snacks.
4. One way to get 60 minutes of physical activity a day is to join a team and play _____.
5. On a food label, one cup is the _____ for milk.
7. The _____ on the side of a package tells us the nutritional value of the food inside.
10. The color of this fruit is the same as its name.
11. A root vegetable that might make you cry while cutting it.

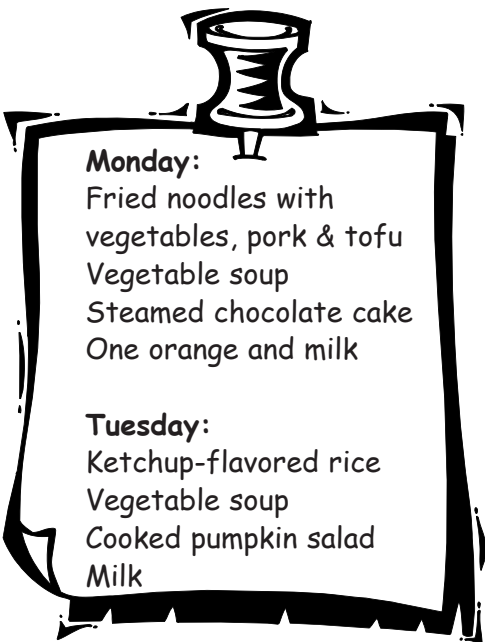
Answer: see bottom of page 2

Eating Lunch in Japan

By Makiko Kamoto

Japanese public elementary schools provide lunch for school children. It isn't free, but cheap. Each school sets up its own unique menu.

Typically, lunchtime is followed by recess and the students help serve the dishes themselves. The school always provides well-balanced meals. Here is a sample menu at one Japanese school:



Monday:

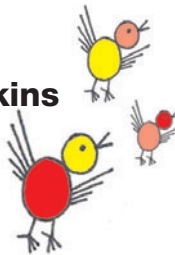
Fried noodles with vegetables, pork & tofu
Vegetable soup
Steamed chocolate cake
One orange and milk

Tuesday:

Ketchup-flavored rice
Vegetable soup
Cooked pumpkin salad
Milk

How to Make a Birdfeeder

By Amy Rose and Matt Perkins



Many kinds of birds are flying home from the winter vacations and will probably be in need of a snack! Here are some instructions on how to make a pinecone bird feeder for your feathered friends:

Supplies:

- Popsicle sticks
- Pinecones
- Peanut butter (the birds like creamy best)
- Birdseed
- Pie plate or wax paper
- Twine, yarn or heavy string

Instructions:

1. Using your Popsicle stick, spread peanut butter all over the pinecone.
2. Once your pinecone is coated with peanut butter, pour some birdseed on to your wax paper (or pie plate) and roll the pinecone in the seed so that the pinecone is coated in birdseed. Shake off any extra seed over the plate or paper.
3. Tightly tie a piece of yarn or string around the end of the pinecone.
4. Have a tall friend help you tie the cone on a branch where you think some birds might make a pit stop on their way home!



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